

Patterns of traits within personalities, prone to envy of different degree

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Abstract. The article is devoted to the theoretical-empirical investigation of individual psychological particularities of personalities with maximum and minimum proneness to envy. The original methods "Differential diagnosis of personality tendency to envy" and questionnaire "Social identity guidelines regarding envy" (O. P. Sannikova, A. F. Lisovenko) were used for marking out the indices of ability to envy. For diagnostics of individual psychological peculiarities of a personality "The Sixteen Personality Factor Questionnaire" (16PF, R. Cattell) was used, which is based on the peculiar characteristics of temper and personal traits. The data of correlation analysis between indices of tendency to feel envy and patterns of personal traits (after R. Cattell's theory) are given. The profiles of factor structure of a person in probationer groups with general envy index of maximum and minimum values are analysed; thus portraits of personalities prone and not prone to envy are marked out.

Keywords: *envy, tendency to envy, ability to envy, factor structure, property of a person, personal traits.*

Modern society is characterized by rapid political, economic, cultural and lawful changes that acutely affect interpersonal relationships and the inner world of man. Applying to the problem of tension in the society, it is noteworthy to mention growth of social inequality and stratification, declining living standards and social vulnerability of a considerable part of the population, rising unemployment, etc. Consumer orientation in the economy, the increase in information and visual loads through TV, social nets and outdoor advertising (the cult of the "rich and famous") impose a thirst to acquire status and prestige things that contribute to anxiety, competition, and aggression among people. All this leads, on the one hand to the multiplication of the objects of envy, and on the other to exacerbate feelings of injustice and envious tendencies of individuals and in society as a whole.

In the process of reviewing the nature and external factors of envy as the basic circumstance, which causes the actualization of envy, the philosophers of different times and most modern researchers of envy distinguish social comparison. And perhaps it is impossible to affirm that the personality is bound to be envious, once he or she gets into a situation of social comparison and inequality. As for internal determinants of jealousy, K. Muzdybaev notes that "empirical researches on this topic are clearly not enough" [4, p. 5].

In our previous studies theoretically stated that depending on scientific approaches of researchers, envy was connected with such properties of a person as tendency to resentment and hostility (M. K. Daugall, K. K. Muzdybaev, V. A. Labunskaya, G. M. Shamionov, T. V. Beskova), the feeling of frustration and disappointment (O. V. Zolotukhina-Abolina, T. V. Beskova), aggressiveness (A. Adler, M. Klein), anxiety (C. Horney, A. Reber), state of frustration (E. Fromm, F. Rosenzweig, I. B. Kotova, L. S. Arkhangelska), the tendency to affective reactions (M. G. Yaroshevskiy, S. Y. Golovin), perfectionism (O. T. Sokolova) and narcissism (Z. Freud, M. Klein, O. Kernberg, H. Kohut), inferiority complex (A. Adler, K. K. Muzdybaev, O. R. Bondarenko, U. Lucan) and others [3, pp. 1-2].

Despite the number of works on problems of envy, there are difficulties in forming a complete image of the person, prone to experiencing feelings of envy, that are caused by individual psychological differences between people. That is why, on the basis of academic regulations of metacharacters of individuality (O. P. Sannikova) [7],

as well as data about the envy [4], the structure of this property could be highlighted emotional (ZEm), cognitive (ZKg), behavioral (ZPv), motivational (ZMt), control and regulatory (ZKR) and instructional (ZNst) components. Studying of the expression of these components allows identifying in what area of a person could be manifested envy: in the sphere of emotions, thoughts or behavior, whether there is motivation and setting to envy, and whether control and regulation of proper envy are possible [1].

In this work the envy is considered as a stable personality trait, often caused by comparing a person with others not in his own favor, which is also characterized by a subjective feeling of reduction of self-worth, manifested by an eager desire to seize the advantages of the object of comparison (or to deprive him of these benefits). It is also marked out by specific emotions (anger, irritation, fury, hostility, dissatisfaction, disappointment, frustration, sadness, depression etc.); certain thoughts and ideas about self and others (thoughts of discontent with own position, status, qualities, and life in general, about own humiliation, lack of anything, thinking about inferiority, about unworthy advantages of the object of envy, the desire to "be equal", or even thoughts of revenge); manifestations of specific behavior (rivalry or competition, ill behavior, a tendency to gossip, sarcasm, ignoring, dastardly deeds against the object of envy) [6, pp. 74-75].

In addition, we distinguish envy as an adequate or inadequate short-term reaction which occurs in certain situations, as a mental state and as a stable personality trait – envy. In this case we assume that a certain combination of personality traits may contribute to the propensity to envy, accompany envy, influence its level, cause particular forms of manifestation of envy, etc.

According to factor theory of personality traits elaborated by R. Cattell, personality consists of stable, sustainable, interrelated elements (properties, features) that determine personality's inner essence and behavior. Differences in behaviour are explained by differences in the expression of personality traits [5; 9]. A theoretical analysis of the literature and our preliminary studies have shown that the propensity to experience envy may be accompanied by rather contradictory manifestations, namely: on the one hand, competition, hostility, aggression, anger, cruelty, malice, and on the other, by indifference, detachment, discouragement, apathy, depression and despair. Therefore, to clarify the personality traits that

follow the tendency of a person to envy, and to detect their relationships with indicators of envy, we chose a method "The Sixteen Personality Factor Questionnaire" (16PF, R. Cattell) [5], based on the individual characteristics of temperament and personality, and covers consequently a wide range of personality variables. Accordingly, each factor of the questionnaire reflects patterns of generalized personality traits.

Hence, the **purpose** of this article is to present the results of an empirical study of the spectrum of psychological properties of individuals who are inclined and not inclined to envy.

The main material of the study. For differential diagnosis of the propensity of a person to envy was used a specially elaborated test-questionnaire "Differential diagnosis of personality tendency to envy (DIZA)", and questionnaire "Social identity guidelines regarding envy" (O. P. Sannikova, A. F. Lisovenko) [1] was included as a psychodiagnostic method for identifying the structural

components of the experiencing envy and the general index of envy. For diagnostics of individual psychological peculiarities of a personality "The Sixteen Personality Factor Questionnaire" (16PF, R. Cattell) [5] was used as well.

The study was conducted on the basis of the South Ukrainian National Pedagogical University named after K. D. Ushynsky (Odessa). It included the participation of first-year students of day form of education in various specializations, as well as students of day and distance learning forms of training faculty of postgraduate education of personnel retraining department on a speciality "Psychology". The age of the probationers – from 18 to 35 years; the total number – 123 persons. Data processing was carried out using quantitative (Spearman correlation method) and qualitative (the method of "aces" and "profiles", Student's t-test) analyses.

In the first stage of the research, empirical data were considered by correlating analysis (table. 1).

Table 1. Significant coefficients of correlations between indices of envy and personal factors (after R. Cattell)

	ZNst	ZEm	ZKg	ZPv	ZMt	ZKR	ZZag
C	-464**	-635**	-622**	-538**	-655**	-249**	-740**
G				-184*			
H	-262**	-485**	-443**	-383**	-419**		-523**
I				-201*	-197*		
L	286**	425**	488**	385**	415**		511**
M	-224*	-422**	-222*	-205*	-276**		-330**
O	404**	604**	651**	588**	635**	230*	737**
Q2	-316**	-429**	-390**	-390**	-425**	-278**	-479**
Q3	-342**	-494**	-461**	-446**	-496**		-558**
Q4	314**	490**	574**	471**	462**	244**	585**
QI		-236**	-256**		-184*		-256**
QII	424**	647**	677**	597**	637**	242**	761**
QIV	-233**	-220*			-186*		-192*

Note: 1) zeros and commas omitted; 2) marking ** – significance of correlation at the 1% level, * – significance of correlation at the 5% level; 3) the decoding of abbreviation of envy components and the titles of the factors after R. Cattell is presented in the text.

Thus, as the general indicator of envy (ZZag) and all indicators of envy have found significant positive and negative correlations with many personality factors (stated by R. Cattell). At the 1% level ZZag is linked to such factors as: QII+ (anxiety), C- (low ego strength), O+ (hypothymia), Q4+ (frustrativeness), Q3- (impulsivity), H- ("threctia" – shyness), L+ ("pretension" – suspicion), Q2- (group dependence), M ("praxernia" – practicality), QI- (introversion); at 5% level ZZag is associated with the factor QIV- (conformance). Thus, with the increase of the level of the designated patterns of personality traits (corresponding to a specific pole of a bipolar continuum of given factors), a general tendency to envy increases, and with decreasing of the level of manifestation of these personality traits and the expression of their opposite pair in the named factors, the envy falls and disappears.

It should be mentioned that the factor G- (the low strength of the "super ego"), revealed a significant relationship at the 1% level only with the behavioral component of envy, and also the factor I- ("harria" – rigidity), linked at the 1% level with behavioral and motivational

components of envy. This suggests that the high motivation of the envy and behavioral manifestations of envy may manifest a decrease in sensitivity, severity (up to cynicism), arrogance, callousness, and irresponsibility, pandering to their impulsive desires and ignoring moral standards. But the general tendency to envy these factors are not related. It should be noted, according to the theoretical construct of the technique "DIZA", high values of the control and regulatory component of envy, indicates the inability to control proper envy. Thus, the inability to control envy is connected with the factors Q2 (group dependence), C- (weakness of "self"), Q4+ (frustrativeness), QII+ (anxiety), O+ (hypothymia).

Basing on the results of the correlation analysis, qualitative analysis was carried out in order to group the examined on a specific ground and to explore their psychological characteristics [8]. Using the method of "aces" [8] the individuals with high (overall index of envy in the range of from 75 to 100 percentiles) and low (0 to 25 percentiles) levels of envy were identified. The next step in the implementation of the qualitative analysis was

the construction and interpretation of psychological profiles. In Fig. 1 profiles of personality factors (R. Cattell) are shown among the respondents with the maximum (n = 33) and minimum (n = 29) values of total envy. On

the x-axis the factors are marked, on the y-axis the degree of their expression in the sten scores are demonstrated. The average line of a row passes through the point 5.5 of sten scores.

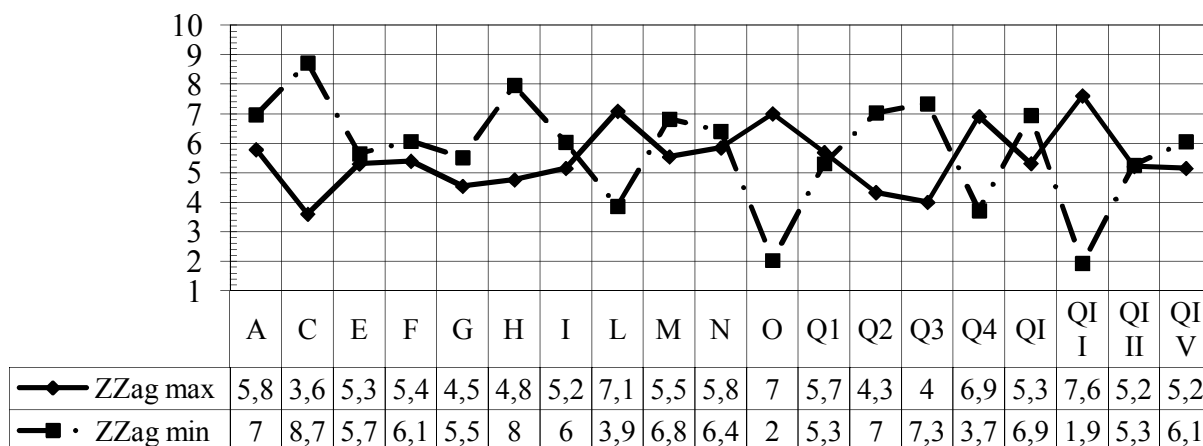


Fig. 1. Profiles of personality factors (after the method of R. Cattell) in the studied groups with maximum (ZZag max) and minimum (ZZag min) values of general index of envy.

Visual analysis of the profiles of representatives of these groups shows the presence of a number of differences between them. The differences were tested statistically using Student's t-test, and most of them turned very significant. For composing of psychological portraits of individuals who are prone to envy in varying degrees, the factors, which reflect dominating values, mostly deflecting from the middle line of the row, were identified by pre-ranking [8]. The results of this study (see Fig.1), personalities with greater propensity to envy are characterized by the following features:

- high level of personal anxiety (QII+), which is characterized by negative internal experiences of anxiety, concern, vague searches, "fever", which passes into unproductive arousal of demobilizing character. This indicates the presence of emotional experiences of a negative nature in relation to self and in the sphere of social interaction, low stress tolerance, poor control over emotions and behavior. In addition, high values for the factor of anxiety of the second order is the main indicator of violations in the emotional sphere, a symptom of being in a state of distress and neuroticism personality [5]. The contents of this factor (QII+) is close to the concept of "general neuroticism" for G. Eysenck;

- the weakness of the "self", emotional instability (C-). Such persons are often not able to control their emotional impulses and to express them in socially acceptable form, are influenced by feelings, changeable, easily upset, disorders lose the balance of the spirit. It is manifested as a low responsibility, in the interests of the instability, moodiness, evasion of reality and refusal of scheduled. Can also be fatigue, hypochondria, a feeling of helplessness and powerlessness to cope with life's difficulties. May be present neurotic symptoms, irrational fears, trouble in sleep, and a degree of resentment on the other people, including ungrounded offence. Low strength of "self" may be evidence of previously experienced life stresses [9];

- suspiciousness, high level of internal voltage (L+), irritability, independence, biased and dogmatic attitude

towards others, a tendency to envy, rivalry and jealousy. Persons with L+ can be arrogant, self-centered, boastful, dogmatic, tyrannical, insecure and demanding of others, vindictive, fixated on the disadvantages and mistakes of others. They are often worried of what is spoken about behind their back, as well as critical attacks in their address. They are characterized by a critical attitude to the joys of other people and the hostile feelings with which they struggle with the help of projection and displacement. By assumption R. Cattell, this factor should be considered as a kind of compensatory behavior, a kind of protection from anxiety, insecurity, and social insecurity. The reason for these features may be in childhood, bad family relationships (rigor and "over" requirements of parents) can lead to a deep internal mistrust and resentment on other people [5; 9];

- hypotension, feeling of guilt (O+), self-doubt, self-blame, vulnerability, anxiety, depressive tendencies. Persons with O+ full of anxiety and apprehension, often suppressed, easy to cry, can feel lonely and withdrawn, often immersed in dark thoughts, are at the mercy of sentiment-sensitive observations and condemnation of others, have a strong sense of duty, meticulous, fussy, easily exposed to various fears and often feel insecure. Also people with O+ can have emotionally deep sense of inferiority, they don't believe in themselves, often tense, prone to blame themselves, underestimate their capabilities, knowledge, abilities, and need encouragement and support. In addition, such persons are difficult to cope with any life difficulties and setbacks and experience them as an internal conflict. It should be noted that the high value of this factor (O) can also be a reaction to past traumatic events in a person's life [5; 9];

- impulsivity, low self-control (Q3-), which manifests itself in weak will, disorganization, low self-discipline, adherence to the sudden and fleeting desire and motivation, internal conflict of ideas about self, negligence, inattention. Low scores of factor Q3 indicate weak ability to manage effectively personal energy and

inability to plan own life and overcome obstacles. Factor Q3- is an indicator of low ability to control emotions, especially anger and anxiety. Also it characterizes underdeveloped and sustainable image of "Self", the low level of awareness of the individual's social requirements and own ideals, manifested in the form of a rude, thoughtless emotionalism and narcissistic denial of the social norms that accompanied by anxiety and uncertainty [5; 9]. Perhaps it is an evidence of the value disorientation of envious individuals;

– frustrativeness, high ego-tension (Q4+), irritability, increased motivation, activity despite fatigue, weak sense of discipline, emotional instability with a predominance of low mood, impatience, intolerance of criticism, and perhaps difficulties with sleep. High scores on factor Q4 are characteristic of the classic neurosis of anxiety. Persons with high Q4 are restless, excited, tense, quick to demonstrate anger towards people, restless, feel overwhelmed, tired but can't stay idle even in the circumstances are favourable for rest. There is evidence that the factor Q4+ is associated with the frustration of motivation (a large number of needs, did not find satisfaction) [5]. This factor characterizes the level of excitation voltage, expressed poorly controlled sensitivity, i.e. the level of inner held energy, which cannot burst out, and can lead to psychosomatic disorders;

– dependence on the group (Q2-) sociability, indecisiveness, a tendency to imitation, lack of initiative. Persons with low average Q2 factor are linked to a group, dependent on group support, make decisions together with others, need advice and support, following public opinion, focusing group evaluation and social approval. Such individuals prefer to be with other people, not because they are very sociable, but because they have no initiative and courage in choosing their own line of behaviour.

It is interesting that individuals who are prone to experience envy, show the high values of the factor O+, which means a tendency to strong feelings of guilt, but at the same time, slightly reduced values for the factor G-, which suggests that these individuals do not accept group standards as their own. Such persons are in a "vicious circle" of neurotic conflict, because due to excessive severity and feelings of guilt, they pay much for not accepted group norms [5]. This internal conflict of values and standards is particularly exacerbated by the fact that envious individuals are characterized by the tendency to imitation, dependence on group opinion and, more precisely, of social approval and acceptance (Q2-).

Individuals who are prone to envy, revealed increased values of the factors O+, Q4+, what characterize those who often worry about possible failures and unpleasant events, regret about past actions, are dissatisfied with themselves, feel guilty, what creates difficulties in relationships with others. Such individuals suffer painful criticism, praise and compliments are taken with a large amount of mistrust, the obstacles to achieving the goal are perceived as insurmountable, tend to dwell on unpleasant aspects of the events that preclude the search for a way out of problematic situations.

Another important feature of individuals who are prone to envy, is that they can be characterized by high self-esteem (L+) and at the same time (or during periods), a deep sense of total inferiority is present, which

corresponds to low self-esteem (O+). This feature reflects the instability of their self-esteem and is a characteristic of individuals with narcissistic tendencies. The relationship of envy and narcissism was empirically proven in our previous studies [2].

In addition, individuals who are prone to envy, have a combination of elevated values of factors Q4+ and Q3+, from that we can conclude that their ego-protective structure is highly strained, which can lead to a state of distress. In this case, it is possible to reduce stress by withdrawing the individual from an intolerable situation in which he is located [9], or by rethinking and changing attitudes to this situation.

The main characteristics of these factors correspond to the characteristics of envious persons and reflect a deep internal contradictions and external contradictions of these individuals.

The persons with a lower propensity to envy are characterized by the following properties:

– adaptation, inner calmness, emotional stability (QII-), prone to feelings of a positive nature in relation to itself and in the sphere of social interaction, the ability to control their own emotions and behavior, that is, a sufficient level of emotional maturity. Usually, low scores on the factor of anxiety testify about mental health, but too low rating for the factor of anxiety can take place when the person is hiding something [7];

– hyperthymia (O-), vigor, cheerfulness, gaiety, nonchalance, self-confidence, tranquility, serenity, placidity, composure, insensitivity to the approval or censure of others, carelessness. Low scores for the factor make differences between such who believe in themselves, and those, are not inclined to "give up" and "control their failures"; the power of "self", emotional stability (C+), consistency, calmness, a certain phlegmatical state, a sober view of things, a realistic attitude, emotional maturity, consistency of interests, the ability to control any situation and stress, can be emotional rigidity and insensitivity. Such individuals may experience severe discomfort under stress, but do not allow a state of distress, demobilization and disintegration;

– boldness (H+), entrepreneurial spirit, social activity, risk appetite, sociability, apparent interest to the opposite sex, sensitivity, compassion, kindness, impulsivity, swagger, lack of tension and sense of danger, carefree, emotion, artistry possible;

– high self-control (Q3+) self-discipline, organization, pride, fidelity, strength of will, endurance, forethought, awareness and splenopathy of own actions, a high control of the desires, emotions, and behavior, purposefulness and persistence, ability to overcome obstacles to bring the case to the end and be an effective leader, awareness of social demands and the concern about public reputation.

Generally, the results of this study confirm, explain to a large extent and greatly expand the psychological concept of the person who is prone or not prone to experience envy.

Conclusions and prospects for further researches:

1. It is theoretically established that the envy is a stable property of the individual, caused by often comparing with others not in their favor, which is characterized by a subjective feeling of reduction of self-worth, manifested eager desire to seize the advantages of the object of

comparison (or to deprive him of these benefits), and is characterized by specific emotional, cognitive and behavioral manifestations.

2. Obtained significant correlations of opposite sign between the indices of envy and many factors by the method of R. Cattell, namely: at the 1% level ZZag linked to such factors as: QII+ (anxiety), C- (weakness of self), O+ (hypothymia), Q4+ (frustrativeness), Q3 (impulsivity), H- ("threctia" – shyness), L+ ("pretension" – suspicion), Q2- (group dependence), M- ("praxernia" – practicality), QI (introversion); at 5% level ZZag is associated with the factor QIV (conformance). In addition, the factor G- (the weakness of the "superego"), revealed a significant relationship at the 1% level with the behavioral component of envy, and a factor I- ("harria" –

rigidity), linked at the 1% level with behavioral and motivational components of envy. The inability to control envy is connected with the factors Q2 (group dependence), C- (weak self), Q4+ (frustrativeness), QII+ (anxiety), O+ (hypothymia).

3. The profiles of the factor structure of personality in groups of probationers with the maximum and minimum values of the general indicator of envy are analyzed, on the basis of which the psychological portraits (in the context of the methodology of R. Cattell) of individuals prone and not prone to experiencing envy were presented. Empirically proven that the individuals may be more prone to envy and be characterized by: personal anxiety, emotional instability, suspiciousness, guilt, impulsiveness, frustrativeness and dependence on the group.

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Паттерны черт личности склонных к зависти в разной степени

А. Ф. Лісовенко

Аннотация. Стаття посвящена теоретико-емпіричному дослідженню індивідуально-психологічних особливостей осіб з максимальною та мінімальною схильністю до зависти. Для виявлення показателів завистливості застосовані оригінальні методики: "Диференціальна діагностика схильності до зависти" і "Соціальні установки особистості відносно зависти" О.П. Саннікової, А.Ф. Лісовенко. Для діагностики індивідуально-психологічних особливостей особистості застосовано "16-факторний личностний опросник Р. Кеттелла. Представлені результати кореляційного аналізу між показателями схильності до переживання зависти і паттернів черт особистості (по Р. Кеттеллу). Проаналізовані профілі факторної структури особистості в групах испытуємих з максимальними і мінімальними значеннями загального показателя зависти, на основі чого дані психологічні портрети особистостей схильних і не схильних до зависти. Емпірично доведено, що особистості, в більшій ступені схильні до зависти, характеризуються: личностною тривожністю, емоційною неустійчивістю, підозрливістю, почуттям провини, імпульсивністю, фрустраційністю і залежністю від групи.

Ключевые слова: зависть, схильність до зависти, завистливість, факторна структура, властивості особистості, риси особистості.